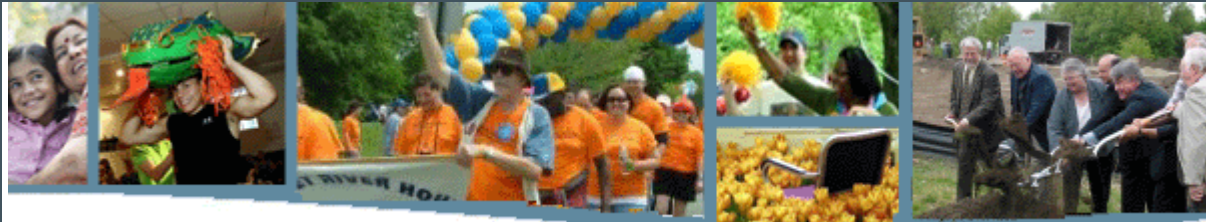


DMH Connections

A publication of the Mass. Department of Mental Health
Employee Newsletter
Office of Communications & Consumer Affairs

September 2008



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Westborough Projects Leads to Statewide Hope Project

Conference Slated for Tuesday, November 4th
by Nell Fields, Chaplain, Westborough State
Hospital

For years,
professionals in both
the medical and
mental health fields
have known that hope
can help the healing
and recovery process.
Medical researchers
have provided
evidence to support
their claims, but there has been little evidence-
based research in the mental health arena.



That is about to change. Recently, researchers
have taken a deeper look at hope and its role in
recovery in mental illness. Their initial findings are
promising, or one might say-hopeful. Hope can
be taught and practiced. More importantly, it can
help people with mental illness participate more
fully in their own recovery.

This was good news for Dr. John Weagraff,
Director of Pastoral Services, and Ginni Allfrey,
Director of Rehabilitation Services. They were
asked by Clinical Director Daniel Lambert and
Westborough Chief Operating Officer Joel Skolnick
earlier this year to create a culture of hope at the
hospital. Seizing upon this new research, Dr.
Weagraff and Allfrey launched "The Hope Project,"
a hospital-wide initiative to instill hope in patients
and staff. Joining them on the core hope team are
Chaplain Nell Fields, art therapist Brett Simmons
Poza and rehab counselor Deb Morin.

"We realized that creating a culture of hope

[Taunton State Hospital Campus
Police Ride Bikes to Save Energy](#)

[Articles of Interest](#)

Commissioner's message



Click here to view
the [Commissioner's message](#)
for the month of September

Office of Communications and Consumer Affairs

Anna Chinappi, Director

Steve Holochuck, Director of
Consumer Affairs

Pamela Mason, Information and
Referral Specialist

Sarah Spaeth, Communications
Coordinator

Please contribute to the next
edition of DMH
Connections

Deadlines for upcoming issues:

September 19th for the October
6th newsletter

October 17th for the November
3rd newsletter

Please send all materials to
Sarah Spaeth at
[sarah.r.spaeth@massmail.state
.ma.us](mailto:sarah.r.spaeth@massmail.state.ma.us)

DMH and DPH
Sponsor "Depression:

couldn't be achieved with a one-time project or program," Dr. Weagraff reasons. "There has to be a culture shift. We have to look at everything we're doing and ask, 'Does this instill hope in our patient...in our staff?' More importantly, we are looking at protocols to teach patients how to be hopeful. And, we're looking at training programs to teach our staff to be hopeful."



The Hope Project has taken full advantage of cutting-edge research. Dr. Weagraff and Allfrey have reached out to Dr. Anthony Sciolli (*pictured left*), the leading researcher on hope and mental illness. Dr. Sciolli, a Keene State psychology professor, has spent the past 10 years researching hope and has written two books on the subject slated for

publication this year -one by Oxford University Press; the other by Health Communications. In addition, The Hope Project uses the work of the late Dr. C.R. Snyder, the Kansas University professor considered by some as the founding father of hope research. Dr. Sciolli and Snyder have assessments that appraise the hopefulness of a person. The Hope Project at Westborough uses both.

"That's where it gets interesting," says Allfrey. "These assessments give us a good idea of where people are at in terms of hopefulness, but the technologies-the interventions-aren't quite there. So, with the help of Dr. Sciolli and others, we are developing our own. It is exciting because we are creating something new that we know will have an impact on patients and staff."

The Hope Project also receives input from Dr. Jennifer Cheavens, an Ohio State professor who previously worked with Dr. Snyder. Dr. Cheavens has developed a protocol for hopefulness aimed at people with mood disorders. To round out the program, The Hope Project is looking at ways to train staff to inspire hopefulness in patients.

With all the groundwork they've accomplished, Dr. Weagraff and Allfrey thought it only made sense to share their findings with their colleagues by hosting a statewide conference.

Joel Skolnick agrees. "The Hope Project and the work we've done here is just too important to keep to ourselves. We want to share what we've learned with others and we, in turn, want to learn from our colleagues in other locations," he says.

Scheduled for Tuesday, Nov. 4 from 1 to 5 p.m., The Hope Conference features the top researchers

True Stories" - A Town Meeting on Cape Cod

To raise public awareness of depression, its human toll, economic consequence and the fact that it is a treatable illness, the Department of Mental Health (DMH) and the Department of Public Health are co-sponsoring "Depression: True Stories" - A Town Meeting on Cape Cod on Wednesday, Sept 17, 9 a.m. to noon, at the Tilden Arts Center at Cape Cod Community College. This event is designed to create an open a dialogue about depression among the Cape Cod and Islands residents. The mental health community and its many stakeholders agree that the need for public education and community engagement around this issue is critical to the health and well-being of citizens of the Cape and Islands community.

Based on a three-year screening project conducted through Cape Cod's four community mental health centers, a report released in June 2008 found that the rate of depression on the Cape is about 40 percent, nearly twice the national average.

While the screening project did not reach the entire Cape and Islands population, the results remain a concern for many in the mental health and public health fields. Public education and outreach is one of the most effective ways to bring awareness to people that depression is a treatable illness. It is also an important tool in shifting attitudes about mental illnesses and dispelling the stigma that often keeps people from treatment.

"We hope that this town meeting dialogue will engage the community around knowing the symptoms of depression, that it is an illness just like any other, that it is treatable and

on hope and mental illness. In addition to Dr. Scioli and Dr. Cheavens, speakers include Dr. Zlatka Russinova and Cheryl Gagne of Boston University Center for Psychiatric Rehabilitation who will address hope-inspiring competencies of the care provider. The Hope Conference will be held in the Rodriquez Auditorium, Hadley Building, Westborough State Hospital. There is no cost and CEUs will be provided. To register, email Donna.Jackson@state.ma.us or call 508-616-2508.

For more information on The Hope Project, contact Dr. Weagraff at 508-616-2270 or Allfrey at 508-616-2871.

Another Legislative Victory - Governor Patrick Signs Children's Mental Health Bill into Law

Governor Deval Patrick signed a bill that will make sweeping changes to improve mental health care for an estimated 100,000 Massachusetts children.

Passage of An Act Relative to Children's Mental Health, also known as Yolanda's

Law will create new practices for reaching children as early as possible to ensure that they are properly diagnosed and treated. Key provisions create a children's behavioral health research and evaluation council, as well as interagency service review teams to collaborate on complex cases for children who may need services from multiple state agencies.

Additionally, the bill establishes a task force to improve collaborative services in schools so that schools can best address children's behavioral health needs. Under the new law, the Department of Early Education and Care will provide behavioral health consultation services in early education and care programs to reach children with mental illness earlier.

"This bill will help children with mental illness and serious emotional disturbance get the treatment and attention they need to live a healthy, productive life," said Commissioner Barbara Leadholm. "I appreciate the efforts the Legislature has made this session in addressing mental health issues and would like to thank them for taking



treatment works," said DMH Commissioner Barbara A. Leadholm, M.S., M.B.A. "The true stories of peoples' struggles with and triumphs over depression is a powerful way to help young adults, parents, friends and loved ones more readily recognize the signs of the illness."

In January 2008, DMH cosponsored a State House premiere screening of the documentary "Depression: True Stories," created by former WBZ health reporter Jeanne Blake, president and CEO of Blake Works. The State House event included the distribution of the DVD of the film and accompanying educational guide to all attendees as well as a town meeting discussion with experts, including Commissioner Leadholm. The event was a major success in community engagement. Partners Healthcare underwrote the distribution of "Depression: True Stories" to Boston schools.

The Sept. 17 Cape Cod town meeting will use the same format—a screening of "Depression: True Stories" followed by a town meeting discussion moderated by Jeanne Blake with attendees and a panel of experts. Panel members participating in the Cape Cod event are Robert Macy, Ph.D.; Jeff Rediger, M.D., Medical Director of the adult programs at McLean Southeast; Raymond V. Tamasi, M. Ed., President and CEO, Gosnold on Cape Cod; and Shannon Scarry, M.D., chief of behavioral health at Cape Cod Hospital.

For this event, DMH and DPH have funded the distribution of 300 complimentary copies of "Depression: True Stories" and the Words Can Work booklet "When Talking About Depression and Other Mental Health Disorders." Attendees will also receive a step-by-step guide to holding their own forums about

action on these important issues."

Yolanda's Law is named in memory of a Plymouth teenager, Yolanda Torres, who eloquently testified before legislators about her struggles with bipolar disorder. Tragically, the 16-year-old died by suicide in January, eight months after testifying on Beacon Hill in support of the legislation.

Worcester State Hospital Annual Summer Fiesta Ends the Season on a High Note

Worcester State Hospital staff, patients, family and friends gathered on the front lawn of the hospital on Aug. 28 for the Annual Summer Fiesta. For more than 20 years, the hospital has hosted the fiesta which features an abundance of food, music and games.



Guests mingled while

enjoying a catered lunch of hotdogs, hamburgers and sausages. The line for food was long, but there was enough for seconds and thirds. Staff and patients enjoyed the beautiful summer day outdoors through mid-afternoon playing games such as volleyball and basketball as well as dancing to the music. It was a great way for the Worcester State Hospital community to enjoy one of the last days of summer!

Performance Recognition Program Honors DMH Employees

Every year, through the Performance Recognition Program (PRP), the Commonwealth acknowledges the hard work, dedication and commitment to public service that employees show every day. The 2008 DMH awardees, chosen from among

depression in various community settings such as schools, hospitals, community centers, churches, and many others. The event is a model of grassroots, community-based anti-stigma and public education work around depression and mental illnesses, with great potential for sustainable community engagement around an important mental health issue.

To RSVP for "Depression: True Stories" - A Town Meeting on Cape Cod, call Jane Evans at 508-564-9624 or e-mail jane.evans@dmh.state.ma.us

For more information about this event, contact Anna Chinappi at the Department of Mental Health at 617-624-6124 or e-mail anna.chinappi@dmh.state.ma.us

Mark Your Calendars: Suicide Prevention Week is September 7-13

Suicide Prevention Week, a national observance to raise awareness about suicide and suicidal behaviors as well as celebrate the efforts of all who are working to prevent suicide, is Sept. 7 through 13. Massachusetts is a leader in suicide prevention efforts across the lifespan. In collaboration with DMH, the Department of Public Health (DPH) implements the state's suicide prevention efforts along with many stakeholders including the diverse membership of the Massachusetts Coalition for Suicide Prevention.

The state's suicide prevention program received \$4.75 million in funding for Fiscal Year 2009. According to the latest DPH statistics, every year 437 Massachusetts residents die by suicide, twice the number of

4,000 of their colleagues, demonstrate a rise above the ordinary in the care and treatment of people with mental illness.

It is important to formally recognize employees who make meaningful contributions that distinguish them from their peers. These special awards focus attention on consistent, positive achievements by both individuals and teams of DMH employees. They set high standards for themselves and they motivate and influence their colleagues to embrace similar standards. The PRP citations acknowledge these qualities: innovation and dedication to their work, concern for the public trust; and a commitment to excellence.

The 2008 Performance Recognition Program citation winners are:

Rae Ann Chase, Director of Property Management at Western Mass. Area Office

Thanks to her coworkers' enthusiastic response towards the idea of an office-sponsored health and fitness program, Rae Ann proposed the creation of an administration-sanctioned Wellness Committee in the Western Mass. Area. She runs two or three fundraising marathons a year to support charities and is always encouraging her coworkers to join her. She shows initiative, ownership and follow-through on many projects that promote the Department of Mental Health in the Western Mass. Area. She currently takes part in a running group in her office and is trying to get student interns to work with her staff on specialized nutrition programs. Rae Ann has an insatiable desire for promoting healthy lifestyles.

Jane Malkiewich, Social Worker at Worcester State Hospital

For the past 27 years Jane has been committed to the mission of DMH in the Central Mass. Area. She accompanies and supports people transitioning to a community setting while answering questions and providing training to the staff. She works to establish a single system of care where the hospital and community share common goals and work together towards smooth and successful transitions. She is an active participant in the Area's Young Adult initiative and frequently presents cases at the Practical Application Training Series. She is known to work additional hours to provide training and support to her coworkers and facilitate DBT groups for clients.

Robert Walker, Staff Development Coordinator at the North East Area Office

Robert serves as a positive role model in the North East Area and always asks how he can be of assistance or help share the burden. He has collaborated with the Director of Nursing to provide more than 20 different trainings for the

those who die by homicide; 4,454 hospital stays are recorded for self-inflicted injuries; and 6,969 emergency room visits are made for self-inflicted injuries. DPH suicide prevention efforts include support and development of statewide and regional coalition programs; community and professional education and training; the annual statewide conference; community based prevention services for survivors and populations vulnerable to suicide; veterans and elder suicide prevention services; gay, lesbian, bisexual and transgender youth prevention services; school-based initiatives; and data and evaluation.

This year's national theme, "Embracing Diversity in Research and Practice," acknowledges that efforts are underway and focuses attention on the critical issue of better preparing all those who are in a position to respond to those at risk for suicide.

Please click [here](#) for more information about the DPH suicide prevention program.

Go Green with PayInfo

About eight percent of EOHHS employees have chosen to



review their paychecks on [PayInfo](#).

If you like the idea of reviewing your payroll remittance online, why continue to receive a paper payroll advice every two weeks? It's easy. Here is how to do it:

1. Go to: [PayInfo](#)
2. Type in your User ID (your Employee ID#)

inpatient nursing staff utilizing 20/20 grant funds. He helped organize a statewide Workplace Violence Conference in collaboration with the Department of Public Health, attracting a great crowd from both the hospitals and the community. This conference has not only begun the healing process and led to the creation of a hospital-based workplace violence committee, but has also positively impacted the restraint reduction initiative. Robert is a great source of energy-he has worked for the Department for many years, always upbeat and open to new ideas and innovations.

Tewksbury Hospital C4 Unit Staff

The staff of the C4 Unit has successfully worked to help a very difficult person come from the world of daily multiple restraints, severe life-threatening self abuse and assaultive behavior to a world of no restraints, no self-injury and few assault attempts. None of the standard techniques were successful in helping this individual achieve freedom from restraints, and several co-workers received serious injuries trying to help, but the C4 unit never gave up. They worked with the family and administration to provide this individual with sufficient space and a routine that this individual finds comforting. Currently, the patient is doing well enough to be serviced by an outside agency with the eventual goal of placement outside of a hospital setting, a goal never even dreamed of for this individual.

Jeffrey Burke, Director of Quality Management, Metro Suburban Area

Jeff has single-handedly undertaken the evaluation of policies and procedures within the Metro Suburban Area to create a performance improvement-driven culture. He takes it upon himself to regularly educate and consult with the Area and Site Offices on matters related to quality improvement, policy and training. He has worked for DMH for 20 years and willingly accepts challenges that few others could handle while always focusing on aiding clients, assisting colleagues and forwarding the Department's mission.

Health and Wellness Committee, Westborough State Hospital

The Health and Wellness Committee has significantly improved the lives of patients at Westborough State Hospital by reducing smoking, creating a more appealing exercise program and encouraging healthier eating habits. Committee members have used a combination of special events, evidence-based practice, modifications in dietary practices, as well as promoting a community awareness campaign within the hospital to enlist wide support for these efforts. Exercise programs now include morning walking

3. Type in your temporary start-up password (your Employee ID# plus the last four digits of your SSN). You will be prompted to change the password the first time you log-in.

4. On the "Welcome to PayInfo" screen, click on the "Go Paperless Now!" button. If you have any questions, please contact your PayInfo Administrator.

Agencies With the Highest Percentage of Suppressed Paychecks:

1. Division of Health Care Finance and Policy (75.5%)
2. Department of Veterans' Services (69.1%)
3. Office for Refugees and Immigrants (50.0%)

Most Improved Since Last Pay Period:

1. Division of Health Care Finance and Policy (up 13.2%)
2. Executive Office of Elder Affairs (up 3.8%)
3. Massachusetts Commission for the Deaf and Hard of Hearing (up 1.65%)

Each pay period, a gift card will be raffled to an employee making the choice to suppress his/her remittance. A name will be drawn every pay day until December.

A Morning of Remembrance, Reflection and Dedication

Come join us on October 2nd as we commemorate 30 years since the signing of the consent decree that led to the closing of Northampton State Hospital 15 years ago.

Remembrance begins at 9:30 am on the Front Lawn of the Haskell Building (on the old State Hospital grounds) followed by informative tours of the grounds.

groups, aerobic activities, yoga, resistance training and a variety of outdoor sports. By integrating education and exercise into the primary care of patients, healthier options are now available in the kitchen, café and vending machines. The work of the Health and Wellness Committee has decreased smoking among patients from 75 to 54 percent.

Taunton State Hospital Maintenance Staff, Institutional Maintenance Foreman, Plumbers, Tradesworkers, Electricians, Carpenters, Fabricators, Painters, Environmental Service Supervisor, Facility Service Workers, Taunton State Hospital

The Taunton State Hospital Maintenance Staff recently completed a total renovation of inpatient unit Cain 2 West. All work was done by the incredible in-house staff, saving the Commonwealth nearly \$100,000. Much-needed repairs included new plumbing, heating, bathrooms, flooring, nursing station, painting and tile work, along with the installation of energy saving fixtures. These same staff members continued to respond to their daily operational issues, even as they restored a transitory home for the relocated patients. The staff built a new, comfortable, state-of-the-art living environment which is both visually appealing and therapeutically beneficial, with energy saving devices to encourage independence while allaying environmental concerns.

Lisa DeBrito, Administrative Assistant I at the New Bedford Site Office

Lisa develops systems that organize reports and data to the benefit of all the staff in her area. These reports help track fiscal, personnel and medical records. She is a strong behind-the-scenes presence, ensuring that preparations are being made so that her colleagues are the ones who shine, without the slightest thought of her own recognition. She is also a perennial volunteer at the Area Legislative Breakfast. These are just a few examples of her willingness and desire to be involved in the day-to-day operations in the Southeastern Area. She is absolutely essential to the overall health and collegiality of the New Bedford office.

SNAP-Meriel Marmanillo, Roslyn Fitzgerald; Case Managers, **Dianne Kenney;** Case Manager Supervisor, Erich Lindemann Mental Health Center, Metro Boston Area

SNAP improves customer service in the Metro Boston Area by designating certain helpful individuals to walk customers through the complexities of accessing services in a friendly, timely and efficient manner. The staff of this program enhances the experience of clients, family members and providers with an innovative,

In the afternoon, please join us for a concurrent series of open houses hosted by local providers of services and supports for people with mental illnesses.

Hosted by the Massachusetts Department of Mental Health (DMH) Western Massachusetts Area and the DMH Western Massachusetts Area Community Advisory Board

Improve Your Computer Skills

DMH Staff Development is now offering classes statewide in Microsoft Access, Excel,



Outlook, PowerPoint, Publisher and Word. Class enrollment is on a first come basis and will run from 9:00 - 3:00 except for Outlook which is a 3 hour class. Register for the class of your choice in [PACE](#). A minimum of 3 participants is needed for the class to run as scheduled. Classes without the 3-person minimum will be cancelled 3 business days before the class. Check out the complete schedule of classes in the **Library** in **PACE**.

Motivational Interviewing Course Now Available in PACE

Staff Development would like you to know that an eLearning course about motivational interviewing is now available in PACE. (Log into [PACE](#) and click on the Library link and then click on Resources; use the keyword interview.) The course, "An Introduction to the Spirit and Practice of Motivational

creative and professional approach to each person and their unique situation. People feel respected, listened to and helped. SNAP has received numerous statements of appreciation from clients and family members.

300+ Club, Transitional Shelters, Metro Boston Area

The 300+ Club focuses on reducing the average length of stay in DMH Metro Boston transitional shelters. The program consists of Site and Shelter Directors from the Metro Boston Area, as well as a representative from the Homeless Outreach Team, who review the cases of clients who have been in DMH transitional shelters for more than 300 days. When the group first began meeting, some individuals has been staying in DMH transitional shelters for as long as 12 years. Due to the work of the 300+ Club, the average length of stay at the West End Transitional Shelter decreased to four months. Site Directors think creatively about the challenges faced by individuals in the shelters and work in a variety of ways to find them suitable housing. The Community Services Director, Area Program Manager and Area Medical Director all work alongside the treatment team and work to remove any barriers that are raised and by streamlining the process enable access for more clients.

Anna Chinappi, Director of Communications and Consumer Affairs, Central Office
Anna has successfully reestablished and organized the newly created Office of Communications and Consumer Affairs by integrating the Office of Consumers and Ex-Patient Relations and aligning the newly formed office with the Department's vision for recovery. Consumer voice is a critical part in the decision making process of the Department thanks to the new Office of Communications and Consumer Affairs. She gladly dedicates herself to many other Department programs, such as planning and organizing the annual two-day DPH-DMH statewide suicide prevention conference as well as providing important consultation and DMH voice as a member of the executive committee of the Massachusetts Coalition for Suicide Prevention. She also organizes the Commissioner's Distinguished Service Awards, and in January worked on a successful public awareness event at the State House, in which DMH co-sponsored a forum and town meeting regarding teen depression.

Lester Blumberg, General Counsel, Central office
Lester helped established and lead the Emergency Department Working Group to improve the quality of care consumers receive in emergency departments and facilitate access to appropriate

Interviewing" is intended as background or as a refresher for anyone interested in the topic.

The course features an audio narration option (closed captioning available). It takes about 45 minutes to complete. There is also a printable script for those who wish to retain the information for reference.

This course is applicable to everyone, whether they have attended a workshop or not. By the way, this is good material for everyday life - not just professional practice.

Six FREE Social Work CEUs

The program is: Developing Support Groups for Individuals with Early Stage Alzheimer's Disease & Their Families.

This workshop will take place on **Thursday, September 18** from 9:00 - 4:00 at the Elder Services of the Merrimack Valley in Lawrence. Please see the flyer in PACE by clicking on the link for the Library and then click on Resources for more details and registration information.

Multicultural Corner: Fighting Stigma Among Multicultural Youth



At the Seventh Annual Massachusetts Suicide Prevention Conference this spring, the Office of Multicultural

mental health services. It was the result of a cooperative and collaborative relationship that successfully resolved a series of concerns expressed by consumers of mental health services, ED physicians, hospital administrators, legal aid organizations, trade organizations and various other advocacy groups. He is the lead on the new state-of-the-art psychiatric hospital in Central Massachusetts and is a major contributor to the Children's Behavioral Health Initiative. Lester's willingness to lead major Department initiatives and his exemplary follow-through on these activities often goes unheralded. He approaches each task with a strong, enthusiastic commitment to the Department and to the clients we serve.

Internal Control Team-Frank Cordima, Anthony Castiglione, Marianne Greeno, Ron Dailey, Michael McNamara, Richard Cooley, Jim Bergstrom, and Denise Arsenault, Central Office

The Internal Control Team has developed an Internal Control Plan which addresses the process by which the Department monitors and ensures compliance with state and federal laws as well as Department policy. The team also created a comprehensive process which can be used as a template for any area or activity needing internal control or compliance information. The team has structured the ICP in a manner which can be used by staff that has broad utility, is a learning tool and a resource guide. This work required extensive investment of time and required team members to work weekly on this project while maintaining their current duties and projects.

Central Office Wraps Up Summer with Annual BBQ

Taking time to enjoy the waning days of summer, Central Office recently hosted a barbecue for staff. It's an annual ritual for Central Office where everyone pitches in with all the supplies from plates and napkins to chicken, hotdogs and hamburgers and all the fixings including a table full of great desserts.



Affairs presented a workshop titled "Toward the Future: Fighting Stigma among Multicultural Youth." The workshop discussed at the disproportionately high suicide rates among racial and ethnic minority youth. For example, Asian American females ages 15-24 have a higher rate of suicide than whites, blacks and Hispanics in the same age group and from 2002 to 2005, suicide ranked as the third leading cause of death among Asian youth ages of 15 to 24 (Centers for Disease Control).

The highlight of the workshop was a video presented by Frances K. Chow, a student at the University of Massachusetts-Boston. Frances created a five-minute YouTube video for a class in Asian American Media Literacy. Illustrated throughout with Frances' own drawings, the video begins with the statement, "I wanted an end to pain and anger," and is the story of her suicide attempt when she was 18 years old. The video describes her feelings of unhappiness during her childhood when she was confronted with racism from both Caucasians and the Chinese in her community and her feelings of worthlessness as a daughter and as a female.

Please [click here](#) to view Frances' video.

Calling All Photographers!

Taunton State Hospital is sponsoring a photo contest to kick off

Mental Health Awareness Week, observed this year Oct. 5 through 11. Anyone (consumers, family, friends) can submit photographs from Sept. 1 through Oct. 15 in seven



The festivities kicked off at noon and employees couldn't have asked for

a more beautiful day. Head chef Richard Cooley (pictured above) used his formidable grilling skills to serve up hamburgers, sausages, chicken and hot dogs for staff. Staff always participate and contribute in a big way with plenty of food to go around-so much so that the grill gets fired up the next day for the traditional "second day" barbecue. Everyone enjoyed the opportunity to mingle with their fellow coworkers and enjoy the great weather.

Thank you to everyone who contributed to the Central Office cookout, especially the Victoria Wharen from the



Commissioner's office, who organized the event and directing logistics for the many food and supply contributions. And a special thanks to Richard Cooley and Mike Weeks for their unmatched grilling skills!

Youth Succeed in Painting Program

DMH, in partnership with Vinfen, awarded certificates to 13 youth last week acknowledging their training by a professional painter. This is the second year of the painter's program that works with youth to teach them valuable skills. Each program focuses on developing skills, self-esteem and confidence-the foundation of recovery and a successful life in the community.



At the ceremony last week, the students, along with three interns that assisted on the project,

different categories. The categories are fine arts, sports, animals, Massachusetts scenes and nature, architecture and family life.

A winner will be chosen for each of the seven categories and the winners will receive a \$50 mall gift certificate. The seven category winners will then compete for the overall first and second prizes. The first runner up will receive a \$100 mall gift certificate and the grand prize winner will receive a \$150 mall gift certificate.

Winning photographs will be on exhibit at the Taunton State Hospital Glass Building from Oct. 20 through 25. This special exhibit and photo contest is sponsored by The Friends of Taunton State Hospital.

Entries can be submitted to:
Images of Life Photography Contest
c/o Sandy Epstein
Taunton State Hospital
60 Hodges Avenue
P.O. Box 4007
Taunton, Massachusetts 02780

For further information or for an application, contact Sandy Epstein by e-mail at sandy.epstein@dmh.state.ma.us or call him 508-977-3127.

Conferences and Events

September 10 3:30-5PM,
"STRESS MANAGEMENT"

Presented By:
Katherine Kalliel, Ed.D., Quincy Health medical Center, For registration please contact Debbie Gillis 617-626-9003

September 12 Contemporary Issues in the Treatment of Substance Abuse Disorders Belmont, MA

September 17 11:30-12:30PM,



performed a rap song for parents, relatives and staff in

attendance. The interns then gave painter's awards to Metro Boston Area Director Cliff Robinson (pictured above, right) and Dr. Bruce Bird of Vinfen (pictured above, left) to thank them for their support and their assistance in putting the program together. Gary Paris who supervised the students also received a citation for his work.

Run for Ricky Reaches Decade Milestone

The 10th Annual 5K Run for Ricky, hosted by the Department of Mental Health Taunton State Hospital Board of Trustees and The Friends of Taunton State Hospital will be held on



Saturday, Oct. 11, 2008. The Run for Ricky benefits the Taunton State Hospital Scholarship Fund.

The Run for Ricky honors Ricky Silvia, a Taunton State Hospital staff member, who gave his life to save another. Nine years ago during the winter months, Ricky was on his way home from work when he heard screams coming from a local pond. He rushed to the shore and discovered that a boy had fallen through the ice. Ricky saved the young man's life but drowned in the heroic rescue. To date, more than \$30,000 has been awarded through the scholarship fund from proceeds of the Run for Ricky.

Race day will also feature many family friendly activities including a 1.5-mile family walk, face painting, moon walk and other games. Special awards will be presented for best looking baby, best baby carriage, best dressed dog and best family group to name some of the fun events planned.

Registration for the race is \$13 before Oct. 1 and \$16 after. The entry fee includes a

"Dyslipidemia"
Presented By: Katherine Fong,
M.D., QMHC Coffee Shop

September 17 Goodbye
Lindemann, Hello Fuller -
Participate And Remember The
Years; 1:30-4 Boston Room; For
more information please contact
Cliff Robinson at (617) 626-
9200

September 18 12PM Webcast
"Major Depressive Disorder:
Latest Evidence0-Based
Treatment Options"
QMHC 4th Floor Small
Conference Room

September 18 [Working with
Families of Deployed and
Returned Soldiers: The Hidden
Casualties of War](#) Dedham, MA

September 22 [The
Neurobiology of
Depression](#) Dedham, MA

September 26-27 Harvard
medical School Presents
Coaching: [A New Horizon-
Theory, Evidence &
Practice](#) Boston, MA

October 5-11 Mental Illness
Awareness Week

October 9 Bipolar Awareness
Day



Think before you print

We will be posting **DMH
Connections** on DMH's
intranet site

commemorative long-sleeved t-shirt to the first
100 registered runners. Trophies will be presented
to first, second and third place winners in
different age categories.

For more information or to obtain a registration
form, contact Sandy Epstein at
sandy.epstein@dmh.state.ma.us or call 508-977-
3127

Watch Your Inboxes for a Survey on the DMH Intranet Redesign Project

In the coming months, a group of DMH staff from
the Office of Communications and AIT will be
working to redesign the Department's
intranet website in order to align with EOHHS web
standards. A Survey Monkey survey will be sent
out next week to learn what all employees like
about the current intranet site and what they
would like to see added or deleted. We encourage
everyone to take the time to complete the survey-
it will take only a few minutes! We value your
feedback on this project as we move forward to
create a more efficient and user-friendly site.

Taunton State Hospital Campus Police Ride Bikes to Save Energy

In an effort to
promote
energy
efficiency, the
Friends of
Taunton State
Hospital and
the hospital's
campus
security have
teamed up to
organize the
campus police officers to patrol the hospital
grounds on bicycles. The Friends of Taunton State
Hospital purchased bicycles, helmets and
uniforms for the campus police, who then
received training through the Taunton Police
Department.



The initiative helps save energy while also
promoting conservation, a major priority for the
Patrick-Murray administration. Last July Governor
Patrick signed into law the Green Communities
Act which aims to reduce electric bills, promote
the development of renewable energy, and

stimulate the clean energy industry. This legislation puts Massachusetts in the lead nationally in crafting bold, comprehensive energy reform.

Additionally, Governor Patrick has signed into law the Ocean Act and the Clean Biofuels Act. The Oceans Act requires the development of a first-in-the-nation comprehensive management plan for Massachusetts's state waters, allows for the development of wind, wave, and tidal power as part of a plan that balances new and traditional uses with preservation of natural resources. The Clean biofuels act encourages clean energy alternatives to fossil fuels and supporting the growth of a clean energy technology industry in Massachusetts.

Taunton State Hospital's initiative is an excellent example of how a state facility can improve its energy consumption and promote wellness for its employees. The Taunton State Hospital campus police are very pleased with the new initiative. Not only are they conserving energy, but they also get the benefits of being outside and exercising.

Articles of Interest

[Gene-Hunters Find Hope and Hurdles in Schizophrenia Studies](#) by Nicholas Wade, New York Times

[Adult smoking rate plunges in Mass.](#) by Stephen Smith, Boston Globe

[Gene Hunt Hints at Cause of Bipolar Disorder](#) by Nicholas Wade, New York Times

[Psychologists Clash on Aiding Interrogations](#) by Benedict Carey, New York Times

[Antidepressants May Lower Driving Skills](#) WCVB-TV

[Studies assess risk of suicide by students, Asian Americans](#) AFP